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HANDLING EVERYDAY TENSIONS

There are no easy ways or simple solutions to the problems of life which cause undue stress and tension. Some of what you read can be useful. Experience too is a teacher. And other people can be helpful. By making the effort, we often find new and better ways to deal with the tensions of our lives.

Here are a few ideas for relieving the tensions of everyday living. Some of these suggestions may help you.

Balance work with play--If you have trouble taking it easy long enough to get some fun out of life, you probably ought to schedule time for recreation. For many people, an interesting hobby can be relaxing as well as constructive. On the other hand work can occasionally be a kind of cure for emotional situations that are hard to bear--like the death of a loved one, a divorce or the breaking of an engagement. Getting busy helps some people to stop stewing about their troubles.

Loaf a little--Very active people who feel guilty about occasionally just sitting and doing plain nothing should give themselves a chance to learn the art of loafing. While too much inactivity breeds boredom and may even cause stress, a few minutes a day of doing nothing may help us to tackle our work with renewed enthusiasm. By slowing down a bit we often find more time to fully enjoy our children and our family relationships.

Get enough sleep and rest--Continued lack of sleep is bound to make us tense and irritable. Nobody can be in the best of health for long without enough rest. Most adults need about 7 or 8 hours of sleep out of 24. Probably the best test of whether you are getting enough sleep is how you feel. If you awake refreshed and energetic, you are no doubt getting the rest you need. But if you feel tired and out of sorts too often, the solution may well be as simple as going to bed early and being as regular as possible in your sleep habits.

Work off tensions.

Talk out troubles.

Learn to accept.

Cinema

FRIDAY, JUNE 6, 1980

"Class of Miss Carmichael"

SUNDAY, JUNE 8, 1980

(To be advised)

FRIDAY, JUNE 13, 1980

"From Noon Till Three"

SUNDAY, JUNE 15, 1980

(To be advised)

PRISONER'S WIVES...AN ISSUE

REPRINT -- KINGSTON WHIG-STANDARD
and MIDNIGHT EXPRESS

Wives of prisoners who are living in Kingston and area plan to launch a campaign to convince the Corrections Service of Canada to allow conjugal - or extended family visiting.

Many prisoner's wives, who are trying to hold their families together against heavy odds, want to be able to periodically spend a weekend with their husbands in a segregated unit on prison grounds.

And many want to take their children along so the kids can get to know their father in jail.

As one prisoner's wife told the Whig-Standard: "We want conjugal visits not for sex alone, but to keep the family together."

To gain support for conjugal visits, which have been successful in many other countries, the women's group has started to contact sister organizations in Ontario and in major cities across Canada, Maria Neil, a worker for the John Howard Society, who is organizing the campaign, says.

Some of the reasons the women want the visits are obvious: others are not.

In some ways, the wives and girlfriends of the more than 1,600 federal prisoners incarcerated in the Kingston area resemble the camp followers of an army.

Many of them have to live through some hard years to stay close.

I'M DOING TIME OUTSIDE -- HE'S DOING TIME IN THERE

Lou Ann Taggart believes that even though her husband has been sentenced to live in a penitentiary for nine years, they still have the right to fight for their marriage.

And, to do this, she wants prison officials to let her and her children into the prison periodically to spend a weekend alone with him.

Lou Ann is like hundreds of women who have moved to Kingston and area from other parts of the country to live near their husbands.

Struggling against heavy odds, these women decided to uproot their already broken families in order to keep them from separating forever.

Six months ago, only weeks after she had given birth to her youngest child, Lou Ann Taggart and her three young children got out of her sister-in-law's car to start their life in Kingston.

The apartment that had been arranged for them was empty. It had no refrigerator and no furniture. They only spent one night there. Lou Ann remembers curling up with her one-month old boy in her arms during the first night. "I made a little bed out of a bunch of blankets."

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The family stayed with a friend for a few days before moving to the apartment they now occupy.

Lou Ann's husband this year began serving nine years at Joyceville, a medium-security institution located 12 miles outside Kingston. He's in for robbery with violence. He will not be eligible to leave jail on an unescorted pass for 3 1/2 years, and even then there is no guarantee that he will get one.

"The whole thing was very upsetting," Lou Ann, who is in her late 20s, recalls. "I was pregnant with the last one when the trial was going on."

She worries about her oldest girl (5 years old) whom she will have to take to Toronto for heart surgery. The child was at home when the police arrested her father and has been under a great deal of stress. She had to wait until her son was born to move the family to Kingston. In the meantime, she sold the family car and furniture to pay her husband's lawyer.

She is a neighbor you probably will never see because she does not go out very often. On most mornings, she and a few women sit around the kitchen table and drink cup after cup of instant coffee and watch the children. As afternoon approaches, the pile of cigarette butts created reaches the top of the ash tray in front of the radio that drones out a background of country music.

Above the kitchen table hangs a calendar, on which Lou Ann has circled the important days of her life (court days, visiting days and phone call days.) Plaques that her husband has made in the prison's hobby shop hang from the walls. She seldom leaves the apartment building made of concrete and steel except to visit him, which she does from four times a week during the afternoons.

"I babysit and drink a lot of coffee," she explains. "My husband's in there and he's locked away from society. I don't believe that I should lock myself away completely - especially from my children - but I shouldn't go out, either. A lot of people ask me to go window shopping, but I won't do it. I wouldn't enjoy it. I'm doing time on the outside while he's doing time on the inside."

I feel like a nun she laughs. "I don't allow men in my house unless it's a friend with a husband."

Lou Ann sees her husband in the prison visiting room, which is often filled with clinging couples and with children running between the coffee tables beside parents. Like many other couples, she says, "we do a lot of talking and a lot of necking." Her husband often becomes frustrated because the sexual part of their relationship, which began nine years ago, is gone, she says. "If he tries to get carried away, I tell him not to because a woman loses respect for herself by doing this in public. It's embarrassing. There's a lot of strain; a lot of frustration. He tries his best to calm himself down." Many women in the visiting room sometimes give in to their husbands or boyfriends and try to satisfy them as discreetly as possible. Convicts who feel sexually frustrated often ask their wives, "Everybody else does. So why don't you?"

Lou Ann does not think it is good for her children to be able to watch couples who are "doing it heavy." When the prison supervisors notice any sexual activity starting, they are embarrassed, but have to ask couples: Please stop. There are women and children around," she says. In some cases, the warning is harsher and

visiting privileges are lost. Lou Ann says that a lot of tension develops because a couple can no longer sleep together. One day, she says that she jokingly asked her husband: Will you promise to be faithful if I am? "The man has got it worse," she explains. He's surrounded by men day and night. A lot of them turn homosexual in there.

Society treats the prisoner like they're animals. Even worse: an animal gets conjugal visits when he wants," Lou Ann adds. "They're being punished for their crime, but not for being a human being. Punish them, but don't take their humanity - their human rights - away.

"If a woman is truly faithful to her husband, conjugal visits are more important to keep them together, because her needs are as great as his."

Many prison women lead a "double life" and go out with other men on the sly, she says. "What really gets me down is when I see a woman screwing around on her husband in there - and she's playing "true blue." I guess I believe in a lot of trust, especially if your husband is in jail.

FAMILY TIES THREATENED BY SENTENCES

Allowing convicts conjugal visits - during which their wives and children could periodically spend a weekend with them - would help keep many families from breaking up, says a worker for the John Howard Society, an agency that tries to help prisoners. Maria Neil says that the wives of many prisoners have a hard time coping with the loss of their husbands, especially during the first year.

"To the public, conjugal visiting does give the impression that it's solely for sex. Sure, there are sexual frustrations. But it's also for works with family ties."

SENTENCES LONG

Ms. Neil says the basic problem is that Canadian prison sentences, which average six years, are so long that many convicts have little chance of keeping their family ties. For example, 113 people in Canada are serving sentences for murder with no chance of parole for 25 years, Graham Stewart, executive director of the John Howard Society in Kingston, says.

Asked if allowing conjugal visits would represent just another "band-aid" solution to this basic problem Ms. Neil responded: "Probably. But as long as Canadian society remains as punitive as it is, at least we can alleviate some of the effects on the family." Ms. Neil describes some of the problems that suddenly confront the wife of a convict:

WOMAN HAS HARD TIME --

* She must handle the family finances - often for the first time. But she often has no income and must apply for welfare or Mother's Allowance. The woman has a hard time coping with the bureaucratic hassles. She often must live in poverty.

* The family feels the stigma of the man's crime. "They ask themselves if they can continue to live where they do. There are invariably newspaper articles about what the man has done. The children have problems at school. Other children tease them by saying: Your dad's in jail."

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* It usually does not take long for many prison marriages to disintegrate, as the women, who suddenly can have little or limited contact with her husband, is subjected to increased family and financial pressures.

*Although the woman may feel very possessive towards her children, a child going to her with a problem may be rejected because the mother, already under stress, feels that she cannot cope with anything new.

As a result of teasing at school and harsh treatment at home, some children of prisoners become totally withdrawn, she says. On the other hand, the woman goes to a prison visiting room where she is faced with a frustrated husband who is often suspicious of her every move. "The man cannot make love to his woman. So he thinks that, if she can't get it from him, she'll get it from someone else. So the level of chauvanistic suspicion builds unbelievable," Ms. Neil says.

And the husband's authoriatarian behavior can then make the woman's job of raising the children even more difficult. "There's a lot of chauvanistic ruling of the family. Many men in prison are not supportive of family activity on the outside. They feel threatened by it," Ms. Neil says.

Most convicts want their wives to stay at home, isolating the family even more from the rest of society. "So not only does the woman feel the stigma of his imprisonment - she already wants to hide in her home - she has this man in prison telling her: You stay there. Don't go out," Ms. Neil says. "All that has an effect on the child. The child is ruled strictly by the mother, because she feels threatened."

Ms. Neil and a group of prisoners wives have started a campaign to convince authorities to allow extended family visits, but they realize that the task will not be an easy one.

IN PRAISE OF DOING YOUR BEST

People are unreasonable, illogical and self-centred.
Love them anyway.

If you do good, people will accuse you of selfish,
ulterior motives. Do good anyway.

If you are successful, you win false friends and
true enemies. Succeed anyway.

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable. Be honest
and frank anyway.

People favor underdogs, but follow only top dogs.
Fight for some under dog anyway.

What you spend years building, may be destroyed
overnight. Build anyway.

Peoplle relly need help but may attack you if you
help them. Help people anyway.

Give the world the best you have and you will get
kicked in the teeth. Give the world the best
you've got anyway.

Effects of Nutmeg . . .

Nutmeg - a flavoring well known to cooks - and some varieties of morning glory - a plant familiar to gardeners - can have hallucinogenic effects when sufficiently large amounts are taken.

Nutmeg is usually taken by mouth, but is occasionally sniffed for its hallucinogenic effects. Morning glory seeds are usually ground into a powder which can be made into a chewing gum, put in to capsules, or mixed with water and swallowed. Some people simply chew and swallow the seeds. Effects of morning glory will generally appear in 30 to 90 minutes. Effects of nutmeg will usually not appear for a couple of hours.

Physical effects may include dry mouth, dizziness, nausea and vomiting. Psychological effects may include excitement, a high feeling, illusions and hallucinations. (Less common with nutmeg.) However, some users report no effects at all.

There are hazards. There is the possibility that a person who uses nutmeg or morning glory as a drug may behave in a way that is dangerous, especially to himself. Also, there is sometimes a risk of mental illness. (It is reported that one case of mental disturbance following use of morning glory seeds ended in suicide. Apparently the suicide was a result of the disturbance and the disturbance a result of taking the seeds.)

In addition, some morning glory seeds have been treated with insecticides, fungicides, or other chemicals that are poisonous if enough is taken. Death from nutmeg poisoning has been reported but is extremely rare.

Questions about long-term effects, possible dependence, possible chromosome damage, and possible damage to the unborn must be asked. So also must the questions about recurrence of drug effects and influence on driving ability.

There are no legal restrictions on the sale or use of nutmeg.

Some seed companies refuse to sell large quantities of morning glory seeds and some spray the seeds with a material that has a disagreeable taste. Although morning glory seeds are not subject to any direct legal restriction, the view may be taken by the authorities that, because of their chemical relationship to LSD, they are in the restricted drug category. In that case, it would be illegal to possess, import, or export them as drugs except with specific authorization.

* * * * *

THOUGHT: To be, or not to be, that is the question . . .

The New Yard . . .

The outside circumference track will constitute, 3 times around to equal 1 kilometer, 5 times around will equal 1 mile . . . or thereabouts. Walking. In a subsequent issue we will calculate the distance, running, and jogging. The writer is not prejudiced against runners or joggers, but at present, the writer is a walker. Five times around the outside of the extended yard will equal one mile.

The present and extended yard are north of the prison. For navigational experts, it is more north than it is south -- therefore, the direction "north" is used instead of N.N.E., N.E.W., W.E.N., nor' by nor' west. If you journey through the dome, out the north door and north up the walkway, you should run into the yard. If you don't find the yard, look intelligent, and pretend you were looking for something else.

A picture is worth a thousand words. If we can find a picture draw-er, you won't have to read this article. (At this point, everyone leaps to their feet and accords an ovation -- they stand up and clap like mad).

Farthest north, not interfering with the track noted in paragraph one, a ball diamond will be laid out. South of that, another ball diamond. The light standards will not interfere with the diamonds. Backstops will be positioned on the west side; () west, if you are facing north.

South of the two ball diamonds, a soccer/football field. South of that, the skating/hockey rink. Nearest the prison.

A quiet, sunning, sitting, laying bout, area will be located in the north-west corner. Benches, tables, bleachers, are envisioned.

Except for the infields, all area will be grassed.

Now . . . of interest to the 'nut cases,' it is rumoured, a "DEAD LINE" will be established between the outer limits of the track and the extension fence. Prisoners are kindly asked to co-operate in NOT stepping into the dead line area; NOT considering leaning against the fence and waving whatever it is they desire to wave, through the wire. The paper work



necessary to justify the shooting of a prisoner is just incredible.

And John Stangroom, our dedicated Recreation Director, advises that the extended yard will be in service in, oh, give or take, a year or so. As soon as possible. There is a problem with getting heavy equipment into the area. But all concerned want the yard available for full use at the earliest time.

With two ball diamonds in service: One can be used while the other is being repaired. Two games can be played at the same time -- i.e. fastball, slow pitch. Regular league games can be played on one and grudge matches on the other. Twice as much ball activity can be practiced.

Soccer will start in season; football may follow. YOUR Sports Committee - Recreation Department will continue necessary programming. Don't hesitate to add your suggestions.

An advantage that will be noted is that in the early darkness season, the sports area will be illuminated so that games may continue to a later hour.

EQUIPMENT LOAN: It was noted, also, that the equipment loan is operated well. Loaned equipment must be returned daily or when not in use. If the equipment is well kept and well looked after, new equipment can be purchased. If it is abused, what's the use.

When you are actively participating, it is difficult to smoke and look at the money you save.

Do You Remember When . . .

Hippie meant big in the hips and
a trip involved travel in cars, planes or ships

When pot was a vessel to cook in
and hooked was what the rug may have been . . .

When fix was a verb that meant to repair
and be-in simply existed somewhere . . .

When neat meant well organized, tidy and clean
and grass was a ground-cover, usually green . . .

When roll meant a bus, and rock was a stone
and hang-up was something you did with a phone . . .

(I do, don't you)

Ask Andy...



DEAR ANDY:

They told me I have to wear green shirts around here in the daytime. Green is not my lucky color. Plaid is my lucky color and I have to appear before the parole board. I appeared once in a green shirt, and, you guessed it -- no parole.

I remember, once I was wearing my plaid shirt, minding my own business, running madly down the street . . . drunk. I ACCIDENTLY bumped into this woman and wouldn't you know it, her purse became entangled on my arm. One of our dedicated police officers shot three citizens who just happened to get between me and him, BUT, I, was wearing my lucky plaid shirt.

Can you advise me?

Glasgow MacDonald

DEAR MAC:

Wear the green shirt. . . .

Sincerely Andy . . .

ASK ANDY MAY BE A REGULAR FEATURE OF THE "FLYER"

* * * * *

A POINT OF VIEW ON HUMAN RIGHTS . . .

PROTECT GOOFS ? ? ?

It is a man's right, to be stupid, if he wants to be stupid. If a man wants to be a "GOOF," he has every right to be a goof and should be encouraged and helped in his desire to be goofy. It is nobody else's business if a man is a goof. It is the goof's privilege, to be one.

Get behind "GOOF'S RIGHTS." If a man wants to be solid, fine, but if he wants to be a goof, we should all be ready to die protecting his right to be a goof. There are enough animals extinct without goofs becoming extinct.

* * * * *

If you have any points of view which you would like to express then you can write in care of The Flyer to "Inside Ecology" and have your views or the views of whoever you get the info from printed in this paper.

* * * * *

THOUGHT:

AA is not a religious organization.

Strange Crimes

Strange Punishments . . .

REPRINT FROM MIDNIGHT EXPRESS

ROTHENBURG, Germany - A visit to the recently expanded 'Torture Chamber' in this romantic, medieval city will quickly convince you that people had interesting ideas about crime in the 'good old days.'

Among the offences:

- * Sleeping in church. Do this and you were made to stand in the market square with a big, heavy rosary chained around your neck.
- * Drinking coffee. It was thought unhealthy. The community employed "sniffers" to roam the streets to seek out the telltale odor of roasting coffee.
- * Adultery. Only women could be guilty of it. Three convictions and she was put to death.
- * Gossiping and quarreling. Again an offense only for women. The gossip had to stand in the market square with a long-eared, long tongued mask, signifying that she heard and repeated everything. Quarrelers were locked together by a gadget that clamped around both of their necks, and made to stand in the market square until they got over their differences.
- * Stealing. Take what today would amount to \$150 and you died.
- * Pretentiousness. The law kept the lower class in its place by prescribing what members of it could spend for certain things. A commoner could be pilloried if he insisted on wearing silks and furs or invited too many people to a wedding.
- * Offending the ears with bad music. A lousy minstrel had to stand in the market square with a flute clamped to his neck and wrists.

Everybody still calls the Rothenburg museum the "Torture Chamber", though its official title was changed recently to the "Medieval Crime Museum." The change was made partly because it now has an extensive collection of documents and pictures as well as the torture instruments.

* * * * *

THOUGHT: One reason your dog can help you so much when you are down is that he doesn't demand to know why.

Sports News . . .

The Stony Mountain Giants are now 2 for 7. Last night's game against Labatt's was the best played game this season, in the opinion of this reporter. It seems that the Giants are getting into shape at last. From what I could gather, Labatt's are about the best team in the Division, but the Giants made them appear as nothing special.

If the momentum that the Giants have gathered can continue, we should be in good shape in a short while. The officiating was good and attendance was up over the last game. The support is helpful and much appreciated. This is our team so let's support them all the way.

Bill Mitchell was conspicuous by his absence from the coaching box as he journeyed to the City for a NOSE JOB.



G I A N T S

* * * * *

UPCOMING FUN

THERE WILL BE A WRITE UP IN THE JUNE 19TH ISSUE OF THE FLYER, EXPLAINING ALL THE ACTIVITIES THAT WILL TAKE PLACE ON THE END-JUNE - 1ST OF JULY WEEKEND. GOOD THINGS HAPPEN.

* * * * *

SOLUTION TO PUZZLE ON PAGE 14

Key words are trash, glue, pump, doily. Key letters are t, h, g, u, e, m, p, d, o. Answer -- GOT HUMPED.

* * * * *

JayCee Photos . . .

The Stony Mountain Jaycees are taking pictures on Wednesday nites in the library and at visits in V & C. Lately there has been some confusion as to how this works and I hope to clear this up with this note:

VISITS

When you have a visit coming and you want pictures taken, a Blue Request form must be put in IN ADVANCE, (at least one week). If your visit is going to pay for the pictures, then your request must state that VISIT WILL PAY. The price is \$1.25 per picture. The request forms are available from your unit office. The form should be placed in the picture box in the dome.

If you are going to pay for the pictures, then the request form should be in at least one week in advance with the standard I.T.F. form, so that it can go to accounts to be cleared and returned in time. The request for visit must contain your NAME, NUMBER, AND LOCATION. It is up to you to have the V&C office call for the photographer. Once your request is in V&C, it will stay there till you want to use it...

WEDNESDAY NIGHTS

On Wednesday Nights, pictures are taken in the library. To have this done, you must fill out a blue request form and put it in the picture box in the dome. These must be turned in at least one week in advance. On the request must be your Name and Location. Your Number too.... If you want anyone in the picture with you, just bring them with you to the library Wednesday night.

For more information on this, get in contact with Brian Thorgrimson in the library or with Mike Babcock somewhere out in the joint and they can tell you the hows, whys or whatever.

Spaghetti to Italy

Associated Health Foods of Godalming, Surrey, sold 100 tons of whole wheat pasta to nutrition-minded Italians.

Sounds Fishy

Scram-let

Dear Andy:

I was charged with taking an extra piece of fish at dinner time.

What do they expect from a hungry bear after hibernation?

Can you help me?

Yogi.

Dear Yogi:

I am embarrassed by your question, but, because I have dedicated myself to being helpful to maladjusted, discontented, unconventional, individuals upon whom society is taking revenge, I will give you the benefit of my tolerance and patience in replying to your letter of the 12th instant.

"What do 'they' expect from a hungry bear after hibernation?" 'They' expect that you will conform. You do not know how many pieces of fish you require to maintain a balanced and healthy diet, obviously. Hundreds, Yogi, literally hundreds, of people have studied the question of FISH-INMATES-FOR-THE-USE-OF, expending a great amount of time and money in arriving at a necessary portion. You, by taking an "extra" piece of fish, have disrupted the system immeasurably. If everyone took an extra piece of fish, it is conceivable the system would collapse. You, Yogi, by not conforming, would, in the main, be responsible.

I am not trying to lay blame; I am not in any way centering you out, Yogi; I am not looking for a scapegoat; nor am I unsympathetic to your plight, but, Yogi, I would suggest that, in future, you try your best to 'not rock the boat'.

By all means, have all the fish you want, but, do not, and I cannot repeat too strongly, do not, take an extra piece. A word to the wise is sufficient.

Unscramble the letters below to make four common words. Use the space provided:

*			*		RSATH
_____	_____	_____	_____	_____	
*		*	*		EGUL
_____	_____	_____	_____	_____	
		*	*		UPPM
_____	_____	_____	_____	_____	
*	*				OYLID
_____	_____	_____	_____	_____	

Now unscramble the key(*)letters to solve the puzzle.

Clue: WHAT MARIA MULDAUR DID WHEN SHE TOOK HER CAMEL TO BED?

Sincerely, Andy.

Just Ramblin Again . . .

Well, here it is, the end of May and finally we have some rain. Didn't do much as far as coolin the place down any. But what the heck. Makes for real nice runnin around in the yard.

Now things are going to start turnin green an nice, an then it's gonna get hot again an burn every thing up nice an brown.

I been thinkin (somethin I do every now an then), an I realized that this ol world has gone rite crazy. The people too. What with volcano's poppin, earthquakes shakin every thing up. Even the people, runnin around takin each other hostage, an kill ing each other for nothin. I know it happens all the time anyhow, but it's gettin even worse in the past year or so than ever before except in war times.

Lord Snappin Crabgrass, people better slow down a bit or this ol world is gonna go up in a big puff of smoke. Then what? Maybe thats somethin to think about.

Thats an idea, get every one to thinkin about that an they won't have time for any thin else. NO?? Oh well, what do ya expect from a plain ol con any way..

I will close this off with a thought for the day.....

IF A WOMANS BEST FRIEND IS A DIAMOND, WHY IS A MANS
BEST FRIEND ONLY A DOG???????

C. CHARLES STUEHM
LOCAL CONVICT AND
PROFESSIONAL SHAM

If you find mistakes in this paper, please consider that they are there for a purpose. We try to publish something for everyone and some people are always looking for mistakes.

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